

WILLIAMSON COUNTY, TENNESSEE
SQUIBB'S
Lesson Plan Book
No. 5

C00325

SQUIBB'S
WEEKLY PLAN BOOK
No. 5

TEACHER Rumford
ROOM _____ GRADE 6, 7, 8
SCHOOL SKYLINE

Academic Year _____ - _____

ALVAH M. SQUIBB COMPANY, INC.
Publishers
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C00326

SCHOOL CALENDAR

SCHOOL OPENS _____ DAY _____ DATE _____
FIRST MARKING PERIOD ENDS _____ REPORT CARDS DUE _____
SECOND MARKING PERIOD ENDS _____ REPORT CARDS DUE _____
THIRD MARKING PERIOD ENDS _____ REPORT CARDS DUE _____
FOURTH MARKING PERIOD ENDS _____ REPORT CARDS DUE _____
FIFTH MARKING PERIOD ENDS _____ REPORT CARDS DUE _____
SIXTH MARKING PERIOD ENDS _____ REPORT CARDS DUE _____
SCHOOL CLOSES _____ DAY _____ DATE _____

HOLIDAYS:

LABOR DAY _____
VETERANS' DAY _____
THANKSGIVING _____
CHRISTMAS _____
EASTER _____
MEMORIAL DAY _____

SPECIAL DATES:

HALLOWEEN _____
LINCOLN'S BIRTHDAY _____
VALENTINE DAY _____
WASHINGTON'S BIRTHDAY _____

C00327

SCHOOL _____ TEACHER _____
GRADE _____ ROOM _____ TERM _____

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A31

DAILY LESSON PLANS

	SUBJECT	SUBJECT	SUBJECT
MONDAY			
TUESDAY	<p>Students will</p> <ol style="list-style-type: none"> 1 sit in bleachers 2 REVIEW copy of activities AND ASSIGNMENTS 3 RECEIVE COPY OF COURSE (PE) RULES AND REGULATIONS 4 REVIEW RULES AND REGULATIONS 5 REVIEW ACTIVITIES AND ASSIGNMENTS 	<p>Homework option for 6th grade:</p> <p>List Activities they participated in during the summer.</p>	
WEDNESDAY	<p>Report directly to Gym.</p> <p>REVIEW - Rules & Regulations for PE</p> <p><u>Push/Pull activity</u></p> <p>STUDENTS DO NOT CHANGE</p> <p>EQUIPMENT: 6-8 JUMP ROPES, 6-8 MAT SQUARES, 6-8 PLASTIC CONCRETE LARGE WEIGHT</p> <p>OBJECT: TO GET OPPONENT TO SET & FALL OFF THEIR BLOCK</p> <p>RULES: EACH PLAYER HOLDS ONE END OF THE JUMP ROPE; BY PULLING AND PUSHING THE ROPE THEY</p>		
THURSDAY	<p>REPORT TO THE LOCKER ROOM</p> <ol style="list-style-type: none"> 1 Distribute Locks/Combinations and Locks 2 Explain Rules for the Locker Room 3. procedure for large and small lockers 4 CONSEQUENCES for forgetting combination continually - 6th grade will get the 5 WHERE TO LINE UP, moving to the gym; return and dismissal <p>NO DRESSING</p>		
FRIDAY	<p>SQUADS ARE FORMED ALPHABETICALLY</p> <p>PRE Activity, procedure for sitting and water and bathroom.</p> <p><u>AROUND THE WORLD ACTIVITY</u></p> <ol style="list-style-type: none"> 1 How can a group get a ball so everyone touches in less time (6th grade) <p><u>CROSS THE RIVER ACTIVITY</u></p> <ol style="list-style-type: none"> 1 Jump ropes and scooters 2 HOW TO GET ALL PEOPLE AND EQUIPMENT ACROSS THE RIVER; NOTHING MAY 		

C00329

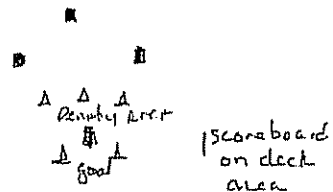
DAILY LESSON PLANS		WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT
		MONDAY
		TUESDAY
		WEDNESDAY
4 TO GET THE OPPORTUNITY TO STEP OFF THE CLOCK.		THURSDAY
1st help; the 7th - 8th grade now.		FRIDAY
<u>Entanglement:</u> 1 cut pieces of rope alternating with group in circle formation 2 How to get untangled with little or no verbal communication oh water or it returns to the beginning		

C00330

11 DAILY LESSON PLANS

	SUBJECT	SUBJECT	SUBJECT
11	Intro WARMUPS: Jumping Must Dress now.	Jacks, V-stretch (left right middle)	lg Arm circles; trunk
MONDAY	Soccer Activity: Soccer Baseball Equipment: 4 bases 5 cones scoreboard soccerball Object: Kick ball circle bases before ball is kicked between Rules: Pitcher rolls with hand K1 Kicks K2 becomes goalie, Defense Kick ball between cones past goalie 2 outs per inning		
14	WARMUPS: 1 person leads the class through exercises		
TUESDAY	SOCER DODGE BALL - PLAYED INSIDE Equipment: 12-15 NERF BALLS, 6 BOWLING PINS Object - to KNOCK ALL OPPONENTS bowling pins down; or eliminate Rules: Game limit 3 minutes. Student's attempt to knock opponents or legs to stop a ball in the air - using the hand is legal players go to side; AFTER 3 minutes or end of game teams		
15	WARMUPS SKILL: THROWING - demonstrate and students perform proper throwing		
WEDNESDAY	4 GOAL SOCCER - OUTSIDE Equipment: 8 cones for goals, 1-2 soccer balls, 3 sets of Object: 4 teams attempt to kick ball through one of the Rules: may score in any of the other goals. rotate goal keepers after must use a throwing ball may be passed from back of		
16	WARMUPS SKILL Dribbling - demonstrate - inside and outside of foot through 5 cone		
THURSDAY	4 IS 4 INSIDE OR Dribble Relay Race 4-8 teams Equipment: 4 cones, 1 soccer ball, pinnies Object: score into opponents goal Rules: 4 on floor at a time; 2 minute time limit 1st team to score wins Pinner, team always gets ball - goalie may not throw ball		
17	WARMUPS COED Activity OUTSIDE - Tennis baseball		
FRIDAY	Equipment: Trash can, tennis racket, tennis ball bases (4) Object: hit tennis ball with racket, run bases, score runs Rules: Pitcher 1 bounces ball to batter who hits w/ bat or hand, on way no tagging or throwing ball at catcher all outs are force outs		

C00331

DAILY LESSON PLANS		WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT
twists, Left & Right OVER stretch		
comes in all out must keep out of Penalty area and		
all opposing players		
bowling pins down by kicking soccer balls; may not use hands chest		
Once a pin has been knocked down it remains down - eliminated		
switch sides.		
2 hands, over head - hands: thumbs together form a "W"		
feet must remain on the ground at all times		
throw and catch with partners.		
Pinnays		
opponents goals		
each goal, Keeper		
goal to front, but may not score that way.		
distance course by sounds 12 speed in 2 time; RICE LAST TIME.		
and says on the floor. If tie both teams go off		
past half count stress spreading, out + PASSING		
to 1st base puts racket in trash can (must remain in can) Baseball Rules		
on bases.		

C00332

481 DAILY LESSON PLANS

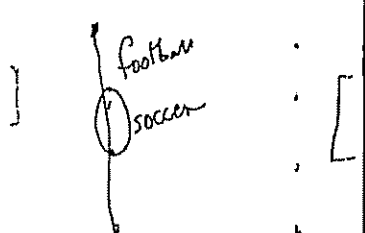
18	SUBJECT	SUBJECT	SUBJECT
MONDAY	WARM UPS - outside <u>Juggling Drill Activity</u> - sounds divided in 1/2 Attempt to keep the ball in the air using legal parts of the <u>Full field soccer</u> - explain goalie play - ENFORCE rules - stress spreading out - stop play when		
TUESDAY	WARM UPS <u>Passing Drill</u> : keep away 4 vs 1 in small area - when defender <u>Full field soccer</u> - enforce rules - and safety.		
WEDNESDAY	WARM UPS <u>Full field Soccer</u> 5th grade chooses their own teams		
THURSDAY	WARM UPS <u>Full field Soccer</u> 7th and 8th grade chose their own teams		
FRIDAY	WARM UPS <u>COED ACTIVITY</u> - outside <u>KICKBALL</u> Rules: Boy pitches to a boy, girl to a girl. Alternating boy and girl. at bases 3 outs per team. Options: Kicks only, can catch boys		

C00333

DAILY LESSON PLANS			WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT	
body - determine winner by # of legal hits. players bunch up.			MONDAY
touches the wall - switch with offensive player		* Benchmark Testing shortened periods	TUESDAY
		* Benchmark Testing alternate schedule	WEDNESDAY
			THURSDAY
balls. NO THROWING ball at runners or tagging them. Force outs ball girls can only catch girls ball			FRIDAY

C00334

4 DAILY LESSON PLANS

126	SUBJECT	SUBJECT	SUBJECT
MONDAY	<p>WARMUPS</p> <p><u>Speedball</u> (similar to soccer and football)</p> <p>Equipment - soccerball, 4 cones, pinneys</p> <p>Object - to kick or catch the ball over or through the</p> <p>RULES - Games begin with a kick - player then has 5 secs to run dribble ball - If running and tagged defense gets 1 pt. BALL must part of the body. If ball is kicked between soccer goal worth beyond football goal worth 1 point. NO DEFENSE ON THE</p>		
TUESDAY	<p>WARM ups soccer ball</p> <p><u>Speedball</u></p>		
WEDNESDAY	<p>WARM ups</p> <p><u>Speedball</u></p>		
THURSDAY	<p>WARM ups</p> <p><u>Speedball</u></p>	<p>Act Thru</p> <p>7/17/80</p>	
FRIDAY	<p>WARM ups</p> <p>COED</p> <p>Relays - using scooters, plastic spoon, hula hoops</p> <p>Fun activity</p> <p>Boy-girl-boy-girl</p>		<p>basketballs, balloons</p>

C00335

DAILY LESSON PLANS

WEEK BEGINNING _____

SUBJECT	SUBJECT	SUBJECT	
	Football Soccer Goal		MONDAY
designated area. pass punt or soccer only be picked up if played from foot or some other 2 points. If ball is kicked or thrown and caught BALL, NO CONTACT - SPREAD OUT - When ball is on the ground it is a			
)			TUESDAY
			WEDNESDAY
			THURSDAY
			FRIDAY

C00336

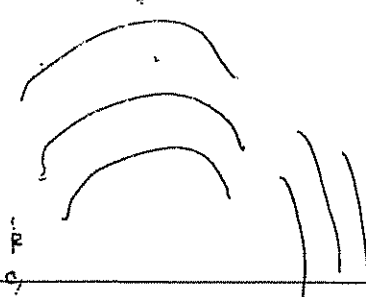
4- DAILY LESSON PLANS

134	SUBJECT	SUBJECT	SUBJECT
MONDAY	WARM UPS Presidents Physical Fitness Test Week 1) SHUTTLE Run Equipment - 2 erasers; stop watch, measured area.		
TUESDAY	2) 1 mile Run/WALK Equipment - cones, stop watch; measured course		
WEDNESDAY	3) 1 minute Crunches Equipment - stop watch; mats		
THURSDAY	4) Push Ups Equipment - mats; 8-10 NERF SOCCER BALLS		
FRIDAY	C00337 5) V-SH Flexibility Test Equipment - measured test area, ruler. * AWARDS GIVEN OUT - SEE MANUAL		

OCT DAILY-LESSON PLANS

	SUBJECT	SUBJECT	SUBJECT
MONDAY	<p>HEALTH - ALCOHOL (ADD 1, 2, 3, 4) ^{PA 4} 1 SEATING ASSIGNED - REVIEW HEALTH GRADING PROCEDURE ALL GRADES 8th ALCOHOL: PRETEST AND REVIEW (SA-1) *HOMEWORK: "EXPLODING THE MYTHS"</p> <p>7th ALCOHOL PRETEST AND REVIEW *HOMEWORK: "WRITTEN PARAGRAPH COMPLETING STATEMENT - ON A SEPARATE PAPER (MYTHS)</p> <p>6th ALCOHOL: PRETEST AND REVIEW *HOMEWORK: DEFINITIONS: 1. DEPRESSANT 2. ADDICTION 3. INTOXICATION 4. ABUSE</p>		
TUESDAY	<p>8th COLLECT AND REVIEW HOMEWORK READ AND DISCUSS FACT SHEET - 2 PERSON GROUPS READ AND ANSWER QUESTIONS IN COMPLET *HOMEWORK #2 - "YOU BE THE JUDGE"</p> <p>7th COLLECT AND REVIEW HOMEWORK - READ PARAGRAPHS READ AND DISCUSS "SPREADING THE NEWS" FACT SHEET - DO FACT SHEET INDIVIDUALLY *HOMEWORK: "EFFECTS OF ALCOHOL" + (SA3) PROOF IT</p> <p>6th COLLECT AND REVIEW HOMEWORK READ AND DISCUSS ALCOHOL MADD PACKET COMPLETE READING PACKET FOR HOMEWORK</p>		
WEDNESDAY	<p>8th REVIEW AND DISCUSS HOMEWORK GROUP ACTIVITY "WHAT HAPPENED?" WORK WITH GROUP HANDOUT AND SCENARIO (11-3E) *HOMEWORK: ALCOHOLISM IS A DISEASE WORKSHEET</p> <p>7th REVIEW HOMEWORK EFFECTS & PROOF IT ALCOHOL AND DRUGS - BRAINSTORM KNOWN BEER ADS - (SEEN DURING SUPER- CLASS ASSIGNMENT: ALCOHOL ATTITUDES (INDIVIDUALLY DONE) (4,3) 1st</p> <p>6th "REASONS TO USE AND NOT USE ALCOHOL" WORKSHEET - COMPLETE AND DISCUSS. *WORK ON WORK SHEET QUESTIONS - COMPLETE FOR HOMEWORK (8 QUESTIONS)</p>		
THURSDAY	<p>8th VIDEO: "Contract for Life" 46 minutes - Hockey Players & NO QUIZ</p> <p>7th VIDEO: "OPEN SECRETS" - ALCOHOLIC FAMILY QUIZ</p> <p>6th VIDEO: "ALCOHOL - WHAT DO YOU KNOW?" PARTS 1 & 2 ALCOHOL CARTOON QUIZ SUBMIT</p>		
FRIDAY	<p>WARM UPS COED. Scooter Tennis Handball - See previous classes for rules and equipment</p>		

C00338

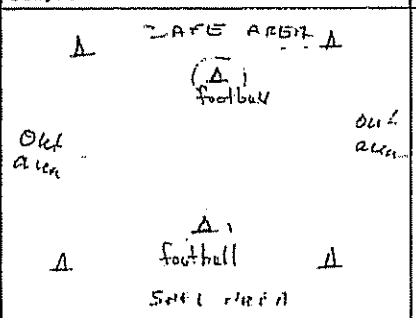
DAILY LESSON PLANS		WEEK BEGINNING _____	
SUBJECT	SUBJECT	SUBJECT	
<u>8th GRADE QUIZ</u> NO ALCOHOL QUIZ DUE TO THE length of the VIDEO. * TAKE HOME QUIZ			MONDAY
sentences - review or w/ partner + review answers			TUESDAY
<u>7th GRADE QUIZ</u> 1. What type of drug is alcohol? 2. 100 proof = _____ % alcohol 3. NAME 3 Things that will influence how alcohol affects a person. 4. What is the time it takes for alcohol to leave the body? 5. What is the only thing that will sober a person up?			WEDNESDAY
<u>6th GRADE QUIZ</u> 1. What do depressant drugs do to the body? 2. What is the legal age to use alcohol 3. GIVE 3 reasons PEOPLE CHOOSE NOT to drink.			THURSDAY
			FRIDAY

C00339

OCT. DAILY LESSON PLANS

11/18	SUBJECT	SUBJECT	SUBJECT
MONDAY	WARM UPS FLAG BATTLE ACTIVITY Equipment: FLAGS & FLAG BELTS 6 CONES 2 Footballs hula hoops(s) Object: Capture the opponents football and return it to your Rules: EACH Player will have 2 flags attached down the sides of a flag and capture the other teams football and return it if removed they must immediately go to the teams out removed they must drop the football there and go to the out		
TUESDAY	WARM UP SKILL - PASSING - holding the football on the laces, index finger at at target. FLAG Football Equipment: 2 footballs, pinneys, 9 cones, flags, flag belts. 2 FIELDS Rules - Center shotgun to QB center may not go out - center is last QB may move around but may not run past scrimmage line. is removed or missing, runner is down NO BLOCKING.		
WEDNESDAY	DISTRICT WIDE TEST COVER CLASSES	GRADES 2-10. ACCORDING TO SCHEDULE.	
THURSDAY	WARM UP COED SUICIDE BASEBALL TENNIS baseball Rules with the addition of a glove on two. Catching with the glove is automatically 3 outs. alternate Boys and girls use of gloves		
FRIDAY	WARM UP COED SUICIDE BASEBALL SEE ABOVE DAY		

C00340

DAILY LESSON PLANS		WEEK BEGINNING _____	
SUBJECT	SUBJECT	SUBJECT	
Safe Area		SAFE AREA 	MONDAY
<p>On Cannon students attempt to move across to the safe area; if any ones flag is area if the person with the football has flag Area. When ball reaches safe area, GAME OVER - RESET.</p>			
<p>the back foot, slight spread of fingers opposite shoulder and foot -</p> <p>person to touch, run or be thrown the ball</p> <p>NO FIRST DOWNS 4 plays to score Kickoff is a punt. When a flag</p> <p>NO CONTACT. QB may not QB more than 2 plays in a row.</p>			TUESDAY
			WEDNESDAY
	<p>CONFERENCES</p> <p>PAH + WARNER</p>		THURSDAY
	1/2 DAY		FRIDAY

C00341

DAILY LESSON PLANS

C01 12/25	SUBJECT	SUBJECT	SUBJECT
MONDAY	WARM UPS Skill - Punting - Toe up, 2 steps extend ball drop to foot FLAG Football SEE previous rules ADD punt to 4th down if they have not reached 4th down zone		
TUESDAY	WARM UPS Skill - Kick off w/ TEE 3 steps soccer style + conventional FLAG Football ADD TEE + Kickoff to begin game and following touchdowns		
WEDNESDAY	WARM UPS FLAG Football Skill - Centering - bend KNEES, look back to QB, both hands		
THURSDAY	WARM UPS FLAG Football Include all previous used Rules		
FRIDAY	WARM UPS Coed. Kickball C00342		

DAILY LESSON PLANS			WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT	
			MONDAY
			TUESDAY
			WEDNESDAY
			THURSDAY
			FRIDAY

C00343

DAILY LESSON PLANS

	SUBJECT	SUBJECT	SUBJECT
	6, 8, 7	(Add: 2, 3, 4, 5, (C ^u grade only 1, 1.1, 1.2, 1.4)	
MONDAY	<p>HEALTH - DRUGS (Add: 2, 3, 4, 5, (C^u grade only 1, 1.1, 1.2, 1.4)</p> <p>6th - Reasons for Drug Use (Discuss) Discuss what OTC drugs are/Prescription</p> <p>*H.W. What do you know about drugs? - work sheet</p>	<p>(Review)</p> <p>7th - Pre-Test SA 45 - How drugs enter the blood stream - "Drug Talk" FACT SHEET - READ SEE</p> <p>*H.W. Narcotics, Stimulants, Depressants Hallucinogens - W-SHEET</p>	<p>8th - Pre-Test 1.1. "What do you know about drugs?" (Review)</p> <p>Drug Categories Stim. Hall. Depres. Inhu</p>
TUESDAY	<p>6th Review H.W.; Safety Rx Rules Caffeine Survey - discuss in class</p> <p>*Rx Label - H.W.</p>	<p>7th H.W. review; Group Work H.W. "Reasons for Marijuana Use" *H.W. REASONS</p> <p>"Your sister smokes what?"</p>	
WEDNESDAY	<p>8th Review Cocaine Homework:</p>	<p>6th Rev H.W. (Legal & Illegal) - Group Work "Types of Drug Abuse" (SA-60) posted on walls around - 6 sections w 4 sheets</p> <p>7th Review H.W. - discuss FAST FACTS (5.1)</p> <p>Quickly Review "What are" - Group activity Check your drug facts (C.9)</p> <p>Place drug facts on walls around the room</p>	<p>8th Drug Categories H.W. due - Overheads notes discussion</p> <p>Review H.W. Group Activity "Here comes the truth" H.W. Face the facts</p>
THURSDAY	<p>6th Marijuana what do you know? QUIZ</p> <p>Synburst</p>	<p>7th Quiz, Michael + Lauren's Story & Coach "The big lie" JH1</p>	
FRIDAY	<p>8th VIDEO Benny + the Roadies QUIZ JH2</p>		


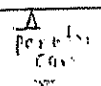
C00344

DAILY LESSON PLANS		WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT
		MONDAY
Narcotics	Slaves: Cocaine FACT SHEETS - Litw.	
		TUESDAY
for Marijuana use		
	THW "FACING THE FACTS - 1 Assignment"	
	with 10 min - groups of 4 assigned to type answer questions return and share answers with partners on walls - organize groups - return to share information.	WEDNESDAY
	groups assign one another to answer specific questions return to share answers with partners	
		THURSDAY
		FRIDAY

C00345

N DAILY LESSON PLANS

6	SUBJECT	SUBJECT	SUBJECT
MONDAY	<p>WARMUP</p> <p>Ultimate Frisbee</p> <p>Equipment - Frisbee 4 Cones, pinneys</p> <p>Rules - play is divided into 2 teams, one team starts by in the other</p> <p>Play begins w/ Frisbee may not be defended and has 3 seconds</p> <p>receives 6 ft. Everytime the frisbee is intercepted or touches the</p>		
TUESDAY	<p>WARM UP</p> <p>Ultimate Frisbee</p>		
WEDNESDAY	<p>WARM UP</p> <p>Ultimate Frisbee</p>		
THURSDAY	<p>WARM UP</p> <p>Ultimate Frisbee</p>		
FRIDAY	<p>WARM UP</p> <p>COED</p> <p>Scooter Team Handball</p> <p>Equipment - 20 yellow and 20 blue scooters, NERF BALL, Pinneys, 4 cones</p> <p>Rules - Class is divided into 4 equal teams 2 sit and 2 play</p> <p>Ball is moved by scooting while seated on the scooter. 3</p> <p>may not score past half court if you fall off scooter you</p>	C00346	

DAILY LESSON PLANS			WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT	
(Throws frisbee) Receiving team picks up or catches frisbee and begins to pass to a teammate if the frisbee is caught past goal line team ground possession changes. NO CONTACT. Keep the frisbee level.			MONDAY
			TUESDAY
			WEDNESDAY
			THURSDAY
<p>   </p>			FRIDAY
<p>The team that scores first wins and stay on the floor</p> <p>boys or 3 girls may not pass the ball to each other consecutively</p> <p>will go around penalty cone. if you have the ball it is tossed up</p>			

C00347

NOV DAILY LESSON PLANS

13	SUBJECT	SUBJECT	SUBJECT
MONDAY	HEALTH - REVIEW GAME for WEDNESDAY'S EXAM		
TUESDAY	IN SERVICE DAY		
WEDNESDAY	EXAM #1 DRUGS AND ALCOHOL use scantron sheets		
THURSDAY	WELLNESS (PI: 1 st , 2, 3, 4 (6 th only 1, 2) Definition of Wellness - all sides of the triangle are fit Wellness TRIANGLE SOCIAL relationships; begins at birth - spiritual - self esteem - how you feel about yourself - mental - how well you deal with stress - relaxation techniques - physical - exercise (lifetime activities) nutrition, sleep/rest		
FRIDAY	WELLNESS Quiz IJ 10 Video I 2 IJA 2 C00348		

DAILY LESSON PLANS		WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT
		MONDAY
		TUESDAY
		WEDNESDAY
8th grade homework -	What are your strong sides in triangle interest? -	THURSDAY
7th grade homework -	who are you? SM-46	
6th grade homework -	How Do I see myself	FRIDAY

C00349

DAILY LESSON PLANS

20	SUBJECT	SUBJECT	SUBJECT
MONDAY	WARM UP COED Scooter Team Handball	or soccer dodgeball	
TUESDAY	WARM UP COED Tennis baseball		
WEDNESDAY	Inservice Scooter 6 on 6 Team handball small goals penalty cones place for people that fall in their scooters 1 minute time limit Ball must be thrown across half court not carried		
THURSDAY	Thanks giving Break		
FRIDAY			

C00350

DAILY LESSON PLANS			WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT	
			MONDAY
			TUESDAY
<p>Winner stays on the court. Ties mean both teams leave may have a goalie.</p>			WEDNESDAY
			THURSDAY
			FRIDAY

C00351

D/ 'Y LESSON PLANS			
20	DATE	SUBJECT	SUBJECT
MONDAY	WARM UP COED		
	<p>Heart Rate Activity</p> <p>1. Find pulse</p> <p>2. figure out max + min</p> <p>3. 1 minute activities</p> <p>Notes</p> <p>Chest pulse</p>		
TUESDAY	<p>HEALTH - SEX. ED.</p> <p>7th grade -</p> <p>Intro review game: 6th grade body part review</p> <p>6th grade - difficulties of teen pregnancy - brain storm; ground rules for class;</p> <p>Plurality Age;</p> <p>8th GRADE - THE PURPOSE OF A.R.C., WHAT A.R.C. IS AND DOES. TEEN Pregnancy</p>	ARC - Mrs BOWEN	
WEDNESDAY	<p>7th Finish review; Questions and Answers</p> <p>Role Play - Say NO using SWAT TECHNIQUES.</p> <p>6th Female anatomy - handout + discussion.</p>	<p>P.A.C.E. MODEL - DECISIONS</p> <p>SWAT TECHNIQUES - REFUSAL SKILLS</p>	
THURSDAY	<p>8th STD's - HANDOUT - discussion. Q + A STI's</p> <p>5th the card activity - statistics of HIV in DE. What is it? Viral STI's</p> <p>7th Decision making - Role Play - decision making SWAT; PACE</p>		
FRIDAY	<p>6th - male anatomy handout and discussion</p> <p>8th - Abstinence - making good choices STI's - contraception</p>		
	7th VIDEO - DISCUSSION -	post test; evaluation	
	6th VIDEO - DISCUSSION -	post test; evaluation	
	8th VIDEO DISCUSSION -	post test; evaluation	

DAILY LESSON PLANS

2000-2001 WEEK BEGINNING

SUBJECT	SUBJECT	SUBJECT	
<p><u>Scoliosis Testing</u></p> <p>All classes with the exception of the 11³⁰ class which will be made up 12/7</p> <p>Performance indicators</p>			MONDAY
<p>8- the impact of changes in family dynamics how to be a responsible family member - benefits of making healthful sexual decision making - most students are not sexually active - how to refuse unwanted unprotected sex - risks of unintended pregnancy + disease. - valid sources of info</p> <p>7- changes during puberty and adolescence</p>		6- changes in puberty and adolescence	TUESDAY
<p>8- influences that result in violence in relationships ie- date rape + abuse how behaviors and situations may lead to sex - risks of unprotected sex for pregnancy + STI's - abstinence is most effective way to prevent STI + pregnancy - consequences of untreated STI's, HIV</p> <p>7- ways to communicate respect for self + others demonstrate refusal skills "I" statements</p>			WEDNESDAY
<p>8- health risks with multiple partners - facts + myth about contraception - abstinence - valid sources of info</p> <p>7- benefits of sexual limits, - staying in school, reputation sexual decision making</p>		6- changes during the life cycle	THURSDAY
<p>8- benefits of setting sexual limits eg. stay in school reputation, future goals</p> <p>7- benefits of healthful decision making (sexual)</p>		6- changes during the life cycle	FRIDAY

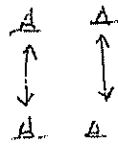
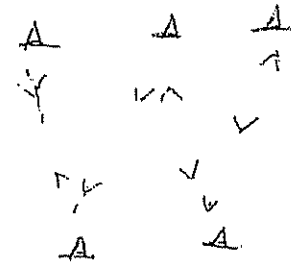
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DCL DAILY LESSON PLANS

159

4	SUBJECT	SUBJECT	SUBJECT
MONDAY	WARM UPS SCOLIOSIS TESTING 8 ² , 7 ¹ , 6 ²	Hockey SKILLS - Passing - introduce proper stick - GOALIES 3 vs 3 1 minute time limits - Keep off new team replace - NO GOALIES	
TUESDAY	WARM UPS SKILL - Passing REVIEW - cross from one line to another stop the ball 1st Hockey - SEE DAY ABOVE larger cones added as goal tenders		
WEDNESDAY	WARM UP SKILL - BALL CONTROL - carry ball using both sides of stick 1-2 X'S AS individuals FACE. Last time AS A REZAY Hockey - SEE ABOVE 3 CONES ADDED AS GOALTENDERS		
THURSDAY	MULTI - GYM CLOSED VIDEO to 7 ¹ , 7 ² , 8 ² , 6 ¹ , 6 ²		
FRIDAY	SCOLIOSIS TEST 8' WARM UPS COED Tennis Baseball		

C00354

DAILY LESSON PLANS		WEEK BEGINNING _____	
SUBJECT	SUBJECT	SUBJECT	
			MONDAY
<p>holding, Athletic Stance, Pass from one partner, receive and Return stick below waist Scoring team stays Ties and losing team go 2 TOUCH FIELD OFF TO BEGIN GAME NO CHECKING</p>			
<p>and back - option add a second rub</p>			TUESDAY
<p>around cone and race - full speed</p>			WEDNESDAY
			THURSDAY
			FRIDAY

C00355

DAILY LESSON PLANS

B	SUBJECT	SUBJECT	SUBJECT
MONDAY	<p>HEALTH - Tobacco</p> <p>8th Pre-Test. NICOTINE - TOBACCO: TAKE AND REVIEW - Q AND A, DISCUSSION</p> <p>Homework - "Dear Gabby" writing assignment</p> <p>7th Pre-Test - "TEST your Smoking I.Q." - TAKE AND REVIEW TAKE AND REVIEW, DISCUSS</p> <p>Homework: "What is Nicotine"</p> <p>6th Pre-Test: "What do you know about tobacco - TAKE REVIEW; DISCUSS</p> <p>Homework: REASONS TO AND NOT TO SMOKE</p>	<p>Tob: 1, 2, 3, 4</p> <p>HW: 1</p>	
TUESDAY	<p>8th - Read homework "Dear Gabby" #3 types of cigarette smoke</p> <p>Effects of cigarette smoke - Fact sheet</p> <p>2nd hand smoke group activity</p> <p>Cost Schilling Article for homework</p> <p>7th Homework review</p> <p>Cost of Advertising - who, how, why</p> <p>- group activity using ads tobacco for sale</p> <p>H.W. The surgeon general says -</p>	<p>#3 types of cigarette smoke</p>	<p>6th</p> <p>Review H.W.</p> <p>Tobacco Fact sheet</p> <p>read + discuss</p> <p>H.W.</p> <p>Smoke and cloak</p> <p>word unsolvable.</p> <p>#3 types of cigarette smoke</p>
WEDNESDAY	<p>8th Smokeless Tobacco - Spreading the news - Fact sheet</p> <p>Had a review</p> <p>Fact Sheet questionnaire - Homework</p> <p>7th Physical effects of smoking</p> <p>Chemical ingredients</p> <p>Go figure - H.W.</p>	<p>#3 types of cigarette smoke</p>	<p>6th overhead projector</p> <p>review smoke + cloak</p> <p>What do you know</p> <p>Respiratory System</p> <p>H.W.</p> <p>How to stop from people starting</p>
THURSDAY	<p>Half Day</p> <p>8-1 Sean Marsee - Dirty business } videos</p> <p>7-1 The truth about tobacco</p> <p>AD Libing</p> <p>6-1 smoke signals</p> <p>SMOKE research update</p>	<p>Begin each class with a <u>quiz</u></p>	
FRIDAY	<p>Half Day</p> <p>8-2 S Marsee</p> <p>7-2 Truth about tobacco</p> <p>6-1 smoke signals</p>	<p>C00356</p>	

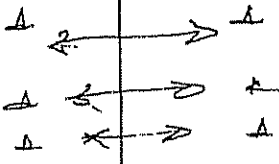
DAILY LESSON PLANS		WEEK BEGINNING _____	
SUBJECT	SUBJECT	SUBJECT	
<p>3 types of smoke</p> <ol style="list-style-type: none"> 1. mainstream 2. side stream 3. second hand 		<p>6 grade quiz</p> <ol style="list-style-type: none"> 1. What is the drug in tobacco 2 3 types of smoke 3 4 forms of tobacco 	MONDAY
<p>3 main ingredients of tobacco smoke</p> <ol style="list-style-type: none"> 1. Tar 2. Nicotine 3. Carbon monoxide 		<p>7th grade quiz</p> <ol style="list-style-type: none"> 1. What is the drug in cigars 2. Name 1 type of heart disease 3. List 	TUESDAY
to smoke		<p>8th grade quiz</p> <ol style="list-style-type: none"> 1. 2. 3. 	WEDNESDAY
			THURSDAY
			FRIDAY

C00357

DEC DAILY LESSON PLANS

20	SUBJECT	SUBJECT	SUBJECT
MONDAY	<p>WARM UPS</p> <p>Skill - centering</p> <p>Floor Hockey 3 vs 3 1 minute time limit</p> <p>3 wins means you must be defeated to be put off. OTHERWISE A LOSS OR A TIE PUTS the threesome OFF.</p>	<p>6₁ Scoliosis TESTING</p> <p>7₂ Scoliosis Testing</p>	
TUESDAY	<p>WARM UPS</p> <p>Floor Hockey</p> <p>6,7,8 graders there choose teams 3v3 or 4v4 depending on the size of the class</p>	<p>on the size of the class</p>	<p><u>Skills:</u></p> <p><u>Control:</u> use both sides of stick maneuver around cones </p> <p><u>Centering:</u> both ends</p> <ul style="list-style-type: none"> • shooting line recovery line - pass line
WEDNESDAY	<p>WARM UPS</p> <p>COED ACTIVITY</p>		
THURSDAY			
FRIDAY			

C00358

DAILY LESSON PLANS		WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT
		MONDAY
<u>Skills -</u> <u>Passing</u> 5 sawabs divided in half Pass ball on the floor to partner and receive pass from partner + rotate		TUESDAY
		WEDNESDAY
		THURSDAY
		FRIDAY

C00359

DAILY LESSON PLANS

	SUBJECT	SUBJECT	SUBJECT
MONDAY 1-3			
TUESDAY 1-4	<p>WARM UPS Volleyball</p> <p># Writing assignment passed out (1999)</p> <p>Bumping - in SQUADS form circles and attempt to keep the Volleyball SQUADS should attempt to keep the ball in the air</p> <p>GAME: GIVE initial RULES for serving, boundaries, touches - # emphasize communication and positive interaction with teammates</p>		
WEDNESDAY 1-5	<p>WARM UPS Volleyball 6th - under hand only</p> <p>SERVE TH & FH - over hand serve against the partition using shoulder, keep eyes on the ball.</p> <p>GAME: REVIEW RULES - allow a second serve for people</p>		
THURSDAY	<p>WARM UPS</p> <p>SET + SPIKE - two lines - one person tosses or sets the ball hit with an open hand w/o touching</p> <p>GAME - SAME serve rules previously used.</p>		
FRIDAY	<p>WARM UPS Volleyball</p> <p># Collect writing assignment (1999-2000)</p>		

C00360

DAILY LESSON PLANS		WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT
		MONDAY
in the air using the bump technique demonstrated in class. 10 bumps.		TUESDAY
an open hand - left foot forward toss high over left who attempt an over hand serve and fail		WEDNESDAY
Materials ball to spike line - spike line jump and times the net		THURSDAY
		FRIDAY

C00361

DAILY LESSON PLANS

	SUBJECT	SUBJECT	SUBJECT
1-10 MONDAY	HEALTH Review for final Silent study Organize the folder	GAME format as previously used	
1-10 TUESDAY	HEALTH Final exam COLLECT FOLDERS		
WEDNESDAY	Hoops & Jump (1999) Rope for HEALTH Double periods ALL DAY		
THURSDAY	WARM UPS, Volleyball (2000) game	2001 Hockey games only 3 v 3 w/ cones as goalies	
FRIDAY	GED		

C00362

DAILY LESSON PLANS

	SUBJECT	SUBJECT	SUBJECT
MONDAY	Warm up Volleyball students choose their own teams		
TUESDAY	Warm up Volleyball students choose their own teams		
WEDNESDAY	Warm up Volleyball students choose their own teams		
THURSDAY	Warm up Basketball Rapid fire shooting activity		
FRIDAY	COED		

C00363

DAILY LESSON PLANS

	SUBJECT	SUBJECT	SUBJECT
MONDAY	Collect Locks CLEAN Locker Room		
TUESDAY	Basketball Locks CLEAN		
	END 2ND MARKING PERIOD		
WEDNESDAY	Rules + Regulations P.E. Unit sheet		
THURSDAY	Scoliosis TESTING		
FRIDAY	Locks PASSED out Locker room Rules		

C00364

DAILY LESSON PLANS

1/31	SUBJECT	SUBJECT	SUBJECT
MONDAY	ROCKS COLLECTED	AND CLEANED	FREE TIME IN GYM WHEN FINISHED
TUESDAY	HEALTH - ALCOHOL Rules & Regulations Alcohol Pretests Homework 6, 7, 8	SEE <u>OCTOBER</u> <u>11th</u> for Lesson PLAN & Homework assignments	
WEDNESDAY			
THURSDAY			
FRIDAY	C00365		

FEB DAILY LESSON PLANS

7	SUBJECT	SUBJECT	SUBJECT
MONDAY	Rules & Regulations Meet in the gym NO DRESS		
TUESDAY	Locks & Lockers Locker room Rules NO DRESS		
WEDNESDAY	1st DAY to dress SQUADS ASSIGNED WARM UPS Dribble shoot race - 2 lines speed dribble to basket at North Carolina drill - short pass w/ partner shuffle feet from 12 point game - 2 teams shoot at 1 basket 1st team to 12 pts wins do not interfere w/ opposing teams ball		
THURSDAY	DRIBBLE ONLY warm up - no shooting Roll Taker in squads while dribbling Skill: <u>dribbling</u> left & right hand, switch on whistle while <u>staying</u> do not bump into any one Dribble shoot - N. Carolina - 12 point game -		
FRIDAY	COED - Explain Rules Kickball: SEE SEPTEMBER 20 for Rules		

C00366

DAILY LESSON PLANS		WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT
		MONDAY
		TUESDAY
same time perform layup or 3 mikes. Return to line speed dribble one side line to the other.		WEDNESDAY
- one shot per player, get your own rebound, good pass to next shooter		THURSDAY
on double whistle move to open space and double whistle stop		FRIDAY

C00367

FEB DAILY LESSON PLANS

14	SUBJECT	SUBJECT	SUBJECT
MONDAY	DRUGS gh Pre Test Drug Categories - Brainstorm Drug Category homework - directions and a deep Due Thurs	INHALANTS narcotics STIMULANTS hallucinogenic DEPRESSANTS Marijuana	
TUESDAY			
WEDNESDAY	gh - Restate homework Role Play - Here Comes the Joint! Marijuana fact sheet - spreading the news		
THURSDAY	gh Drug Category - use over heads review all drug categories		
FRIDAY	gh VIDEO + QUIZ Benny + Roids the		

C00368

DAILY LESSON PLANS

3RD - 4TH M.W. WEEK BEGINNING 2ND HEALTH WEEK

SUBJECT	SUBJECT	SUBJECT	
<u>7th</u> Fact sheet "Drug Talk - Read & Review Drug Categories Narcotic --- Categories H.W.		<u>6th</u> Reasons to use/not to use OTC - what is it? "What do you know - homework"	MONDAY
			TUESDAY
<u>7th</u> * Finish Categories - if necessary Discuss H.W. Group work "Your sister smokes weed?" Reasons for Marijuana use H.W.		<u>6th</u> Review H.W. Prescription Safety Rules Caffeine Survey Rx Label - <u>same</u> H.W.	WEDNESDAY
<u>7th</u> Review drug quest. reasons for pot use marijuana; fact sheet - or drug talk Fact sheet. class work		<u>6th</u> Rev. H.W. Legal vs illegal define + discuss relating to drugs Sheet names Homework EXPLAIN THE DIFFERENCE BETWEEN OTC AND PRESCRIPTION DRUGS	THURSDAY
<u>7th</u> VIDEO Michael + Laurens + Quiz clock the story BIG LIE (MINE) SHOWED NIGHTMARE ON DOW STREET 35 min		<u>6th</u> VIDEO MARIJUANA What do you know?	FRIDAY

C00369

FEB DAILY LESSON PLANS

21	SUBJECT	SUBJECT	SUBJECT
MONDAY	BASKETBALL Dribble warm up no shooting Bounce + chest pass skill 3 on 3 or 4 on 4 game Rule restrictions: No full court defense must pass one time before shooting all fouls are 1 and 1		
TUESDAY	Basketball warmup Layup skill - jump from left foot if you are right handed - beginners start closer w/ no dribble - more advanced further back with dribble + 3 on 3 or 4 on 4 game modified Rules		
WEDNESDAY	Basketball warm up Shooting use wall not basket ball up - one hand follow through - off hand used 3 on 3 or 4 on 4 no defense full court NO 1 pass minimum.		
THURSDAY	Warm up Basketball 3 on 3 or 4 on 4		
FRIDAY	CoED Tennis Baseball see September 17 for Rules. C00370		

DAILY LESSON PLANS			WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT	
			MONDAY
<p>jump from Right Foot head up.</p>	<p>if left handed</p>		TUESDAY
<p>for support.</p>			WEDNESDAY
			THURSDAY
			FRIDAY

C00371

DAILY LESSON PLANS

2/18	SUBJECT	SUBJECT	SUBJECT
MONDAY	ARC - Mrs Jane Bowen SEX ED - Waiver Forms passed out last week 6th GRADE - Puberty, definition, discussion, class rules, AGE, E.S. P changes 8th GRADE - Description of ARC. STD sign activity (handshake) 7th GRADE - Puberty Review (game)		
TUESDAY	ARC 6th GRADE - Female Puberty Worksheet; conclusion of ESP changes 8th GRADE - STD's - gonorrhea; warts, Herpes Simplex I, II, Chlamydia Viral STD - permanent HIV/AIDS DISCUSSION 7th GRADE - Review cont. - DECISIONS		
WEDNESDAY	COED Soccer Crab walk 2-3 cones funny 4 cones	1. 2 TEAMS 2. Begin in crab walk position; head down on 3 Use feet only to maneuver the ball; hands 4 3 balls will be put in play; Object is to 5 SAFETY: Do not lay down; Do not wildly kick	
THURSDAY	ARC		
FRIDAY	ARC		

C00372

DAILY LESSON PLANS		WEEK BEGINNING _____
SUBJECT	SUBJECT	SUBJECT
Emotional, Social, Physical Changes		
hands and feet, must move about from this position. Should only be used to protect oneself. Kick the ball between the opponents cones for a goal at the ball Protect yourself at all times		

C00373

DAILY LESSON PLANS

3/6	SUBJECT	SUBJECT	SUBJECT
MONDAY	REVIEW for 1st EXAM Jeopardy type - Tic Tac Toe or 2, 5, 10 point game using REVIEW 3 X 5 CARDS		
TUESDAY	1ST EXAM Alcohol Drugs Sex ED	} Topics on 1st EXAM.	
WEDNESDAY	WELLNESS THE WELLNESS TRIANGLE discuss the parts + their meanings	spiritual social physical	mental
THURSDAY	HALF DAY WELLNESS VIDEO Quiz at the beginning VIDEO 1/2 class seen		8th NO BIG DEAL - INHALANTS (LIBRARY) (15/10) @ WELLNESS TRIANGLE 7th Fun to BE Fit (I-2) LIBRARY 6th TRIANGLE (11/14) OF HEALTH SERIES
FRIDAY	HALF DAY C00374 Quiz at the beginning VIDEO other 1/2 seen		

DAILY LESSON PLANS		WEEK BEGINNING _____	
SUBJECT	SUBJECT	SUBJECT	
			MONDAY
			TUESDAY
			WEDNESDAY
			THURSDAY
			FRIDAY

CONFERENCE → 5:00 AT WARNER 5³⁰ - 8⁰⁰

CONFERENCE → NOON

C00375

DAILY LESSON PLANS

3/13	SUBJECT	SUBJECT	SUBJECT
MONDAY	Volleyball - Gym being worked on Floor Skill: Bumping Warmup Skill in circles 6 th - 7 th Grade Practice 8 th GRADE: discuss - play game 6,7 - game following skill practice		Hockey
TUESDAY	Volleyball Warmup Skill: Serving		
WEDNESDAY	Volleyball Warmup Skill: SETTING		
THURSDAY	Volleyball GAME		
FRIDAY	Coed Kickball C00376		

DAILY LESSON PLANS

3/20	SUBJECT	SUBJECT	SUBJECT
MONDAY	<u>Tobacco</u> 6th GRADE: Pre Test "What We Know about Tobacco" - Review & discuss 7th GRADE: Pre- Test your Smoking I.Q. - review & discuss; Homework: 8th GRADE: Pre Test - "Smoking Quiz" - Review & Discuss. - HOME- THE FAIR SIDE DINOSAURS		
TUESDAY	6th GRADE: Homework discussed (LEASONS) Tobacco FACT SHEET READ AND DISCUSS. H.W. - "Smoke AND Cloak" - decipher the words 7th GRADE: Cost of ADVERTISING (WHO, HOW, WHY) Homework discussion Groupwork: - Advertising sheet w/ magazine's articles H.W. - THE SURGEON GENERAL SAYS... Homework discussion 8th GRADE: EFFECTS of cigarette smoke on a person - Long + short term effects GROUP: 2ND HAND SMOKE: PARTNERS		
WEDNESDAY	6th GRADE: H.W. SMOKE + CLOAK OVER HEAD: YOUR AMAZING respiratory system discuss + fill out. H.W. Cigarette pack word code 7th GRADE: H.W. "Surgeon General SAYS" - FACT SHEET: PHYSICAL EFFECTS OF SMOKING (11/20) Discuss Chemicals + ingredients found in cigarettes H.W. GO FIGURE 8th GRADE: Discuss CHEWING + smokeless tobacco FACT SHEET PART SHEET 10 front WHAT CHEWING TOBACCO CAN do for you. (S.A.D.B.) back		
THURSDAY	Inservice Day C00377		
FRIDAY	6th REVIEW "CODE" Homework "Smoke signals VIDEO" 7th Review GO FIGURE "Truth About tobacco" } VIDEO "Ab. Libbing IT" 8th Quiz #3 "San Marcell VIDEO"		

C00378

DAILY LESSON PLANS

3/27	SUBJECT Lunch duty	SUBJECT	SUBJECT
MONDAY	Floor Hockey make up in health due to flooding on <u>Wed</u>		
TUESDAY	WRITING ASSIGNMENT ↓ 7-6-8	PASSED OUT ↓	DUE WEDNESDAY: 3/29/08 ↓
WEDNESDAY			
THURSDAY			
FRIDAY	COED C00379		

DAILY LESSON PLANS			
4/3	SUBJECT	SUBJECT	SUBJECT
MONDAY	REVIEW for Final		
TUESDAY	FINAL HEALTH EXAM		
WEDNESDAY	SOCCER DODGEBALL See Sept 14		
THURSDAY	Push/Pull Activity See Sept 8th		
FRIDAY	COED Crab Soccer C00380		

DAILY LESSON PLANS

4/10	SUBJECT	SUBJECT	SUBJECT
MONDAY	Volleyball Bump #8 line Keeping it alive Both hands together Game make contact with the forearms		
TUESDAY	Serve underhand against closed wall game	Closed fist thumb to side Bend knees; hit through the ball 8th grade practice overhead	
WEDNESDAY	Setting in groups to similar activity Bump	Finger tip Contact used when ball is above the shoulders much more Control.	
THURSDAY	Game: stress use of fundamentals previously taught pre-game warm up Bump and setting - no Bumping with hands apart		
FRIDAY	COED Chat Soccer		

C00381

DAILY LESSON PLANS

4/7	SUBJECT	SUBJECT	SUBJECT
MONDAY	Lunch duty Volleyball Bump/Set warm up game best of 3		
TUESDAY			
WEDNESDAY	COED → Volleyball		Observation warm up set/Bump warm up team - same as yesterday Review - rules PLAY SQUADS - have student repeat back rules.
THURSDAY	COED Tennis baseball		
FRIDAY	GOOD FRIDAY NO school C00382		

DAILY LESSON PLANS

4/24	SUBJECT	SUBJECT	SUBJECT
MONDAY			
TUESDAY			
WEDNESDAY	VACATION 4/25-4/29		
THURSDAY			
FRIDAY			

C00383

DAILY LESSON PLANS

5/1	SUBJECT	SUBJECT	SUBJECT
MONDAY	<p>Lacrosse</p> <ul style="list-style-type: none"> - safety - drag & scoop pickup; shovel pickup - ball stationary + slightly moving - GRID BATTLE - 8th (1 on 1) person gaining control may shoot at net. - drag & scoop relay - 6th - 7th straight, roll to partner; drop & leave <p>4 balls</p>		
TUESDAY	<p>8th } Throw & catch — Throw to targets on wall — scoop up rebound.</p> <p>7th } Skill</p> <p>7th } - GRID Battle</p> <p>6th } Relay</p> <p>6th } Pickup practice skill</p>		
WEDNESDAY	<p>Kickball</p> <p>Away Out</p>		
THURSDAY	<p>6th Throw + Catch</p> <p>1 on 1 to goal</p> <p>7th } FACE 8th, Throw/catch</p> <p>8th } GAME</p> <p>stress positioning</p>		
FRIDAY	<p>6th Throw + Catch</p> <p>FACE 8th</p> <p>Full field game</p> <p>7th } Throw/catch</p> <p>8th } GAME</p>		


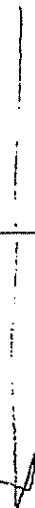


C00384

DAILY LESSON PLANS

5/2	SUBJECT	SUBJECT	SUBJECT
MONDAY	<u>President Fitness Test</u> <u>Shuttle Run</u> in the gym 2 eraser 2 lines stop watch	<u>Week</u> Pass out Hoops for HEART/Jump Rope	
TUESDAY	<u>1 mile Run/Walk</u> 2x's Around course		
WEDNESDAY	Pushups/situps		
THURSDAY	Flexibility/MAKE UPS <u>Awards</u> given out		
FRIDAY	Hoops for HEART/	Jump Rope for	HEART.

C00385

DAILY LESSON PLANS

5/15	SUBJECT	SUBJECT	SUBJECT
MONDAY	LACROSSE Game Week stress positioning / no contact skill		
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY	COED C00386		

DAILY LESSON PLANS

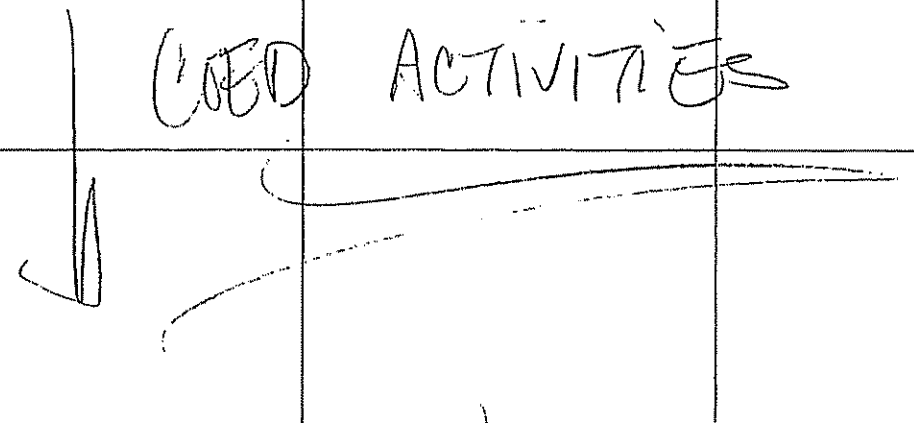
5/22	SUBJECT	SUBJECT	SUBJECT
MONDAY	ULTIMATE FRISBEE LOWER FIELD Rules - Throw + Catch Practice Larger classes are divided into 3 and 4 teams		
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			

C00387

DAILY LESSON PLANS

5/29	SUBJECT	SUBJECT	SUBJECT
MONDAY			
30 TUESDAY	Speedball - soccer Field Rules Large classes divided into multiple lines		
WEDNESDAY			
THURSDAY			
FRIDAY	C05D C00388		

DAILY LESSON PLANS

6/5	SUBJECT	SUBJECT	SUBJECT
MONDAY	Lunch duty FLAG Football 2 1/2 Field games 4 teams switch so all teams play each other SEE OCTOBER 18th For Rules		
TUESDAY	FLAG Football		
WEDNESDAY	Collect 8th GRADE Locks	COED ACTIVITIES 	
THURSDAY			
FRIDAY	C00389		

DAILY LESSON PLANS

6/12	SUBJECT	SUBJECT	SUBJECT
MONDAY	Collect 6th & 7th Clean lockers	GRADE LOCKS	
TUESDAY	Small ball game w/ small playground ball and aluminium bat		
WEDNESDAY			
THURSDAY			
FRIDAY	First Day		

C00390

DAILY LESSON PLANS

16/19	SUBJECT	SUBJECT	SUBJECT
MONDAY	<u>Other Activities</u> scooter team handball indoor speed ball		
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY	C00391		